AR AND THE FAMILY

War Recipes Reflect Household Economy

LMOST every one has a treasured recipe of peculiar merit. Sometimes

it is one where excellence is obtained at a small outlay. Such recipes are being sought to-day by housekeepers everywhere and some of the readers of this paper have offered to share their tested and true formulas with their housekeeping sisters.

The first instalment is given to-day of what may be termed war recipes, because they will be helpful to those who seek to practise true economy, providing nutritious and appetizing food at small cost, to save money for their own maintenance and for the helping of those who are in sore straits directly or indirectly due to the war.

A man sends in his mother's recipe with the following letter :-

"Of the many recipes that have been brought to my mother's attention she claims that none of them compares with the enclosed. As she has been making corn bread according to it for many years she ought to know, and as I have been eating it almost since I was born. which is going back some. I know exactly how good it is, either with butter or gravy or all by itself, either hot or cold; In fact, cut as she recommends, it is a 'square menl' all by itself.

"Corn bread is not the only thing she can make out of corn. She can make corn muffins, Johnny cake, hoe cake, Indian meal puddings, both baked and boiled; corn pudding, which is not, as its name suggests, a dessert, but a vegetable dish, and numerous others-in fact, she is

OLD FASHIONED CORN BREAD.

Three cups of cornmeal, one-half cup of flour, one level tablespoon of sugar, guns and face the enemy at the front. one level teaspoon of salt, two heaping teaspoons baking powder, one-half cup of shortening (lard or dripping). Mix all ingredients together with either milk or water, making a thick batter; pour into utes, until dark golden brown.

When done cut in squares, split and serve with butter.

If real buttermilk is procurable, use instead of baking powder one teaspoon of baking soda to a pint of buttermilk. This can also be baked on top of store, either gas or coal, using an ordinary

griddle, without a cover-This corn bread is delicious, very healthy (especially good for dyspepties)

and very nourishing.

Approximate entire cost nine cents. Sufficient for four or five people at

one meal.

Since writing the foregoing, I have picked up a copy of a newspaper devoted to the uplift and welfare of th man. On its front page it is shouting about the necessity of conserving our food supply and how to combat the high cost of living.

Then they publish a lot of so-called economical recipes on another page. For whose amusement? It can't be for any benefit to any one, because if you will analyze them you will be unable to find one that is practical, cheap or suggests anything that would be of use to a housewife.

Just imagine a husky mechanic, for instance, coming home to his evening meal and getting a "lay-out" modelled on such recipes. I can see him bouncing the meatloaf off his wife's "bean."

Recipes like these are not what the people want, especially under the serious conditions that now prevail, or at any time, as they only encourage waste.

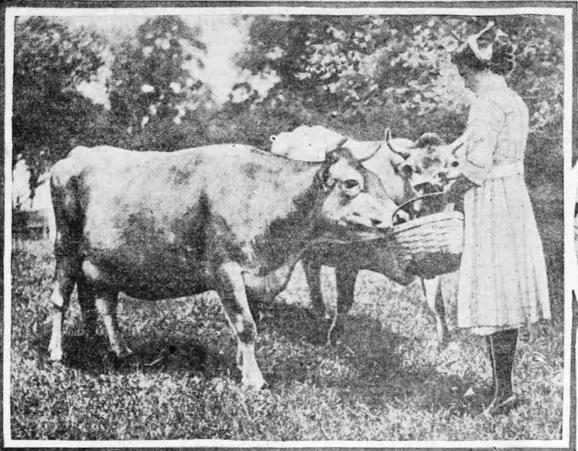
Why not teach the persons how to use the many valuable things that the average housewife has been in the habit of throwing away, such as the tops of beets, scallions, the green parts of cauliflower, cabbage, celery, &c., the waters in which vegetables and meats (corned heef and ham) have been boiled? Also how to use the cereals other than wheat. Many excellent dishes can be made from rice, rye, corn in its many forms (hominy, samp and cornment). You can make other things out of oatmeal besides porridge. There are numberless cooking recipes, good old U. S. A. ones and foreign ones, which if given to the public in an intelligent manner would prove a real benefit.

I am not connected with the hotel business or food trade in any way, but it is the duty of the press to educate the peo-They never needed education so badly as they do now; neither were they through meat chopper. Add the cheese ever in so receptive a mood as the pres- and sufficient bread crumbs to make the G. K. B.

ing, and as this is the bluefish season a sionally with fat and water. Serve There is no reason why meals should most delicious way of baking one is as follows:-Wash, salt and pepper the fish and stuff with a dressing made from dry Nuts:-2 cups cooked rice or hominy, 2 and takes a part of the meals out a bread, onions and thyme. Place the fish on a greased plate and put in a dripping the plate is half covered. Steam for white sauce and pour over mixture, off. On the other hand, if one wants with the wool, but it should be cut in the amateur farmer and gardener. One a half hour, or until easily pierced by Turn into a greased baking dish. Cover home cooking, which one should have thicker strips. In general the cotton a fork. Cooked in this way there is no with bread crumbs and bake in hot oven if there are children in the family, a strips also should be broader than the waste, for the fish slips from the plate until brown. perfectly whole. Garnish with sliced Nut and Cheese Roast .- 1 cup grated one of the most essential rooms in the lemon and serve with parsley sauce. AUGUSTA DANIELS.

Steamed Bread Pudding:-2 cups rolled 1 tablespoonful butter, juice 1/2 lemon, you can turn out meals that are twice braided they can be sewed in round or stale bread, 1/2 cup molasses, 1/2 cup sour salt and pepper. Cook the onion in the as wholesome at half the price of those oval form to make a mat of the desired spoons flour, 2 iron spoons chopped suct, Mix the other ingredients and moisten rant.

LET THE CHILDREN HAVE PART IN THE FOOD CAMPAIGN.





well as for some others, this year.

Nickels and dimes should be judiciously

diverted from ice cream sodus and candy

to a fund for some little boy or girl in

France or Belgium. If a child is study-

ing French he may even try a letter to

Girls will like to imitate their mothers

and knit for the soldiers or sailors. They

will soon be more expert than their par-

ents, for young children learn the art

A Good Substitute.

fibre cannot be used in canning opera-

tions which require the sterilizing of

vegetables or fruits in hot water or

steam. For this purpose glass or tin

is essential. Paper containers are sug-

gested by the United States Department

of Commerce for storing jellies and such

preserves as are cooked before packing,

as in the open kettle method, although

container is of a type that will properly

preserve the contents. Experiments

made without investigation may prove

Manufacturers are being urged to

minimize the use of glass as far as it

is possible to substitute paper or fibre

containers. Housekeepers may help in

this economy, but they must not do it

at the risk of having their home canned

products spoiled by inadequate protec-

cook slowly until soft; add salt when half

spoonful fat has been stirred and bake

half an hour, basting as in meat. Make

Delicious Gingerbread with Sour

Milk .- 1/2 cup of Crisco or butter, 1/2 cup

graham flour, 1 cup wheat flour, 2 tea-

Sauce (very inexpensive and "can't be

beat"):-1 tablespoonful butter (or other

1/2 cup milk, 1 cup flour, 1 teaspoonful

cup of berries (any kind) rolled in flour.

cook in boiling water steadily for two

Hard Sauce:-The white of 1 egg,

bake in a moderate oven.

muffins.)

BEATRICE GARDNER.

oven until brown

the little friend he is trying to help.

easily and quickly.

HILDREN are patriotic. They love to give evidence of their loyalty and

enthusiasm. It can easily be impressed upon them that they can perform services which will help their country as truly as if they were able to shoulder

'The soldiers and their families must be fed," they can be told, "and you must do your part in getting enough food for them." Children who live in the country well greased pan, which should be very will gladly help with the poultry and hot, bake in quick oven about thirty min- other live stock on the place. In the first place they will speedily make pets of them and the next place they will tend them with the greater enthusiasm because of the added impulse of doing their part in the war.

Tell them that if they will take good care of the chickens, if they will feed the cows and pigs, if they will plant and weed in the garden, and if they will help to put up fruits and vegetables, some soldier will have more strength to fight and belo win their war.

While the meat question is so important it has not been emphasized quite as much as the gardening necessity. Children all over the land have taken to gardening with wonderful avidity and praise should be meted out to them generously for their part in the food cam-

Do not let their interest flag. Tell them that although they have done well to spade and rake and plant and cultivate, they must do more to insure plenty of good food for the people at home and for the hungry abroad. Let them gather vegetables which they have grown

Hard Sauce :- 2 tablespoons butter,

cup granulated sugar. I tablespoon

cream; beat when creamed; flavor with

almond or vanilla, nutmeg and a little

to taste; steam 11/2 hours.

bake about fifteen minutes

with tomato sauce.

M. B. WESTERMAN

brandy, if desiged.

and help with the others and pick ber- them for the winter. Make it a personal ries and other fruits. Then initiate matter. A boy or girl will feel great name and the date of putting up.

water; cinnamon, cloves and lemon peel onion has been cooked. Pour into a

them into the processes of preserving pride in containers of dried foods or jars of canned ones which bear his or her

No child is too young to hear his share in the economy which all of us are having to practice for patriotic reasons, as tion,

1-3 teaspoon soda, dissolved in spoon hot with water, using the water in which shallow baking dish and brown in oven. cups lima beans, 2 cups tomato sauce, are used soak over night in cold water; Lima Beans with Tomato Sauce:-2 seasoning, bread crumbs. If dried limas drain; cover beans with cold water and

Raising Rents in Big Cities

Baked Eggs with Cheese:-Butter a TN the cities rents have been increasbaking dish of a size necessary for lingly higher. Many will have to pay number of eggs desired, break eggs into more next autumn or move. It makes add salt and pepper to taste, 1 a difficult problem for the family of tablespoon cream, 2 table spoons grated cheese. Place dish in pan of hot water limited means.

in over for five minutes, until eggs are In the first place it is hard to find a house as good as the one occupied at cornmeal, I cup bran or graham flour, a lower rental. Even if one that will do Beauty depends chiefly upon propor-Quick Muffins:-1 cup white cream 2 cups white flour, 2 teaspoonfuls bak- is found, it is expensive to move. If the ing powder, 1/2 teaspoonful salt, 2 tea- raise in rental is small it may be cheaper spoonfuls sugar or molasses, 2 teaspoon- to stay where one is. The pros and fuls oil or lard (melted), 1 egg. Milk or cons must be carefully balanced and milk and water sufficient to drop from then one must act accordingly. spoon. Put in greased muffin pans;

One thing is being impressed upon the writer, who is one of those who have Boston Roast:-3 cups cooked kidney to move October 1 or pay \$7.50 a month beans, 1/2 pound grated cheese, bread more than the high price already being crumbs, salt. Mash beans or put paid to the landlord. One does not need so many rooms as one is accustomed to D mixture stiff enough to form into a roll, think. The average family does not need D Bluefish:-Fish is cheap and nourish- Bake in a moderate oven, basting occa- a living room and a dining room.

not be served in the living room. Escalloped Rice or Hominy with Where one does light housekeeping cups white sauce, 1 cup chopped nuts, separate kitchen is not necessary. A bread crumbs, salt. Mix nuts with rice small gas stove and the other equip-Fill pan with boiling water until or hominy, add salt to taste. Prepare ment for cooking may easily be screened well lighted, well equipped kitchen is

The main requirement of a bedroom s good air. The less furniture there is in it the better. It is better to have a ot in a living room where there is plenty of air available than to have the luxury of a bedroom where it is lack-

Health, comfort, convenience, beautythese are the essentials of a home. Comistics. Convenience consists not in the multiplicity of utensils, but in a few chosen especially for their adaptability. tions, simplicity and color relations. Our small rooms have become too much "fussed up" for beauty, convenience or economy may be not without value if it offering corn freshly picked from the prevents our adding more to the already

Braided Rugs.

RAIDED rugs are splendid for country houses, and they are not out of place in the city apartment or studio. They are extremely easy to make, and all sorts of old materials may erously this summer are going to be able be utilized in making them.

Left-overs from dresses and other garments and inexpensive remnants may be combined. It is best to use woollen pieces by thomselves and cotton by themselves. A little silk may be combined

cheese, I cup chopped nuts, I cup brend house. If you have a good kitchen and one color by itself or hit and miss, as who has not raised the things desired to crumbs, 2 tablespoonfuls chopped onion, have time to give to food preparation desired, and when enough have been be sold for himself. in appearance but they are durable.

done; drain beans; prepare tomato sauce and cover with crumbs; bake in a hot

fort includes health promoting character- has been adopted to some extent during and mould into a loaf. Place in a well

Persons automobiling through the gravy from the drippings. country have found by the wayside small comfort. The present necessity for boys and girls, and sometimes adults, who get their products fresh and at a moderate price.

Not all of those who have planted gento sell their crops through the regular channels. Large parts of them can be kept for winter use, but there will, in many cases, still be a surplus. To dis- shortening), 1/4 cup sugar, yolk of 1 egg. pose of this will tax the ingenuity of of the best methods is by private sale, Put in a well greased melon mould and either at an improvised booth by the The strips should be braided evenly, roadside or to some accessible person bours.

Every one wants things fresh and milk, 1/2 cup raisins and currants, 2 iron butter and a little water until tender. which are eaten in the average estausell his surplus for a reasonable price.

and Vegetables

Conserving Fruits

EST any one he affrighted by the sound of dehydration as applied to

the preservation of foods, it should he remembered that it is only the modern way of speaking of what past generations referred to as drying. And the process need not necessarily require claborate machinery. Every one employs some kind of heat in the preparation of the daily food. This can be utilized in drying fruits or vegetables for winter

We are now enjoying the results of the unusual garden industry of this year. Vegetables are abundant. Some have them from their own gardens and others can purchase them at small expense. None of the surplus should be wasted. This cannot be said too often nor laid too much to heart. At the present cost of glass jars and tin cans the housekeeper of small means cannot consider putting all of it up in that way. Moreover, those who live in small city apartments, even if they can afford it. have no room in which to store quantities of canned goods, and the temperarure is not favorable to keeping them.

There remains the somewhat tedious, but economical and simple process of drying. New machines have been devised to meet the demand. Some are good and some are not quite so good, but any of them answer the purpose. Or you may use two pans, one of which will fit in the other and set them on a gas stove or coul range. The heat should be moderate and uniformly distributed. For that purpose water is placed in the lower pan. Care must be taken, however, that steam does not escape and retard the drying of the food. If placed on a gas stove the dryer or the gas should be turned as low as possible during the process of drying. If on a coal range the fire should be kept low.

The cheapest commercial dehydrator costs a little less than \$6 and is used in the same way. A piece of cheese cloth should be placed over the metal. Foods will take from two to eight hours to dry properly according to their charac-VIHILE the shortage of tin and teristics and their method of prepara-W glass and their consequent high tion. Root stocks such as beets, carrots cost has caused a movement to and potatoes take the longest time. be started in favor of paper or fibre Spinach, string beans and apples dry containers it must be remembered that quickly. It is well to shred the string beans to facilitate their drying. Vegetables that are to be sliced should be made thin.

If the foods are steamed for from three to eight minutes before putting in the dryer they will retain their color and will cook more quickly in the winter when one is ready to use them. After they are steamed they should be well

the user should be satisfied that the drained before being placed on the dryer. If you do not want to use artificial heat and have an electric fan it may be made to do service by turning the draught on several trays containing the foods to be dried. This method will take three or four times as long, however, as the heat

> Save the paper bags that come from the grocery. They will be useful for holding the dried products, although the commercial paper containers look a little nicer. It is all a question of whether it is worth the money to you.

Fireless Cookers.

pour over beans, place in a baking dish ANY persons think of the fireless VI cooker either as something difficult of mechanism or as a fad, and in Nut Loaf .- Mix together 1 cup ground either case not worth while. Now, any-NE of the methods of getting fresh peanuts and 1 cup of any desired thing that will help to dispense with fuel, nuts, I teaspoonful salt, 1/4 teaspoonful which is getting more and more costly, pepper, 21/2 cups fine bread crumbs. for even a part of the time, is worth con-

The fireless cooker will do this, and in its simpler forms almost any one can manufacture one. It is merely the application of a well known principle of physics. Heat may be maintained by the use of non-conductors.

Aside from the saving of fuel, the ability to prepare one's meal shead of time and save the heat and soil of cooking with a fire is worth much to a woman who likes to look neat and well dressed, even

of brown sugar, 1 egg; beat well toif she does prepare her own meals. gether: 1/2 cup molasses, 1/2 cup of sour A strong wooden box, a part of a barrel or a good sized pail may be the foundaof soda; 1 teaspoonful of salt, 1 teation for the fireless cooker. This should spoonful of ground ginger, 2 cups flour; be lined with asbestos or heavy paper. An inner vessel of some kind also should be Graham Muffins:-1 tablespoonful of protected on the outside with asbestos, melted butter, 1/2 cup of sugar, 1 egg; and there should be three inches space beat well together; 11/2 cups milk, 1 cup between the two. In this may be placed shredded newspapers, straw or excelsior. spoonfuls baking powder, 1/2 teaspoonful A pad or cushion should be made to fit salt. (The above will make one dozen the top, so as to keep out the air. A hot soapstone or brick is put in the bottom of Steamed Berry Pudding with Hard the inner vessel before the one containing the food to be cooked is put in.

The object, of course, is to keep in the heat and to keep out the air; so the cushion must fit tightly and there should baking powder, 14 teaspoonful salt, 1/2 be a cover over it.

It should be understood that the fireless cooker merely maintains the heat; so that the food to be cooked should have been started and brought to the boiling point or its equivalent before being put small tablespoonful of butter, 1 cup or in the cooker. If properly constructed it will keep hot a long time, and will turn out a well cooked meal, which never runs the danger of burning, and therefore does not have to be watched.

Wayside Vegetable Booth

Ovegetables and fruits directly from producer to consumer is that which. When well blended add 2 beaten eggs sidering. the last few summers and may well be erate oven ten minutes. Then pour over extended in this year of unusual con- loaf I cap hot water in which I table-

stalks, ripe tomatoes and freshly picked berries from an improvised stand. This milk in which is dissolved 1 teaspoonful method of marketing is a return to simple conditions. It benefits those who sell, who are saved the labor of packing and transportation, and those who buy,

> more of powdered sugar. Beat to a cream and flavor to taste. Grate a little



















